

- Assessing your fall risk with a comprehensive selfscreening.
- Image: Second secon
- Participating in strength and balance activities.
- Engaging with your local seniors' activity centre or other social groups.

CONSIDER CONT'D:

- Exploring nutrition, and hydration resources.
- Keeping a fall detector, medical alert system, or phone handy.
- Investing in hip protectors.
- Identifying emergency contacts in case you fall.
- Learning about what to do if you cannot get up by yourself.

To get more information about these considerations, check:



https://cowichan.pathwaysbc.ca

HealthLinkBC and search for "Preventing Falls as you Age"



*Information in 8 languages

https://www.healthlinkbc.ca/healthyeating-physical-activity/age-andstage/older-adults/preventing-falls

LOCAL RESOURCES:

- HealthLinkBC: 811
 - BC 211: 211
- Island Health Community Health Services :1-877-734-4101
- Better at Home:
 - Ladysmith (Nanaimo Family Life Association):
 - 250-754-3331 ext. 203
 - Cowichan (Volunteer Cowichan): 250-748-2133
 - Cowichan Elders (Hiiye'yu Lelum-House of Friendship): 250-748-2422
- Social Prescribing Cowichan: 250-748-2133
- Lifeline: 250-746-0814
- Social/Recreational:
 - 9 Recreation Centres
 - 6 Seniors' Activity Centres



ARE YOU AT RISK OF FALLING?

1 in 3 seniors in BC fall every year



August 2024

AM I AT RISK OF FALLS?

Had a previous fall.

□ Have less strength, mobility, or balance.

Poor nutrition or hydration.

□ Take many medications.

☐ Reduced eyesight, hearing, or foot sensation.

☐ Trip and slip hazards at home.



Monitor and improve my strength, mobility, and balance.

- Be aware and adjust to my surroundings.
- Sear safe shoes.
- Eat healthy and stay hydrated.

Have my medications reviewed regularly.

Get my eyes, ears, and feet checked.

Stay connected with others.

Make my home safer.

Checklist on steps you can take to make your home safer

https://www.healthlinkbc.ca/sites/def ault/files/documents/Home%20Safet y%20Checklist%20-%20English.pdf

Adapted from https://www.healthlinkbc.ca/healthy-eating-physical-activity/age-and-stage/older-adults/preventing-falls

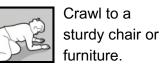
HOW TO SAFELY GET UP AFTER A FALL?

- Be calm.
- Call for help if you are injured or cannot get up by yourself.
- Falls can happen to anyone, don't be afraid to talk about them to your healthcare provider and loved ones.



Centre, University of Alberta

Roll onto your side



Taken from: Finding Balance & Injury Prevention Centre, Injury Prevention



Kneel and place your arms on the chair seat.



Bring one knee forward. Place that foot on the floor.



Push up with your arms and legs, then pivot your bottom around.



Sit down. Rest before trying to move.